

Possessing a many-sided talent (actor, mime, prose-writer, but also an original screenplay writer and film director) Cheopha Lăvendă (1897-1964) imposed himself in the history of art as a painter and especially as an exceptional portraitist. His series of portraits entitled The Last Old People of Bucovina will always feature as a remarkable page of humanism in painting. The Ancestor, The Custom Guard, The Old Man, Challenging, The Peasant Woman from Oatești's Bend, Lodging a Complaint with the Mayor, Grandmother and many others, adding to which is another gallery of Free Holders, Peasant Woman, Peasants of Bucovina, Transylvania or Banat, make an incredibly authentic dramatic image of a whole history. Lăvendă was equally interested in monuments of local medieval art (Golești, Dragomir, Gura Humorului, Putna, Voroneț, Arbore), Ionțeni (Ghișoara, Kereji Măre, Cheln, Cămin, Poiana Băneșului) and houses (Cămin, Nășud, Ieud, Putna, Hiceni).

From the beginning critics pointed out Lăvendă's personal approach especially in portrait painting, noticing the psychological realism, liveliness, wisdom and subtlety of his models, their personality, and finally, the intellectual nature characteristic of peasant figures. We shall not mention any exegetist. However, in order to offer you a clue as to Lăvendă's unique gift as a portraitist, we shall quote three personalities belonging to another field of creation. Thus, the great writer Mihail Sadoveanu (1880-1945) asserted that "Lăvendă has fixed three dear images of our past for many centuries to come". In his turn, poet Adrian Maniu (1891-1968) stressed that "Lăvendă's portraits betray a totally unswerving, tough and strong talent, seemingly bristling with a long-range attack, so much akin to Dănuț's abstracters in point of expression, lions of the old Dacians, tormented in grove calligraphies. Finally, essayist and sociologist Mihail Răduț (1909-1964) considered that "Lăvendă has landscapes in which you can feel the rugged heights, such as The Sphinx of Babele, or figures of peasants from Bucovina, Maramureș and Transylvania, or those faces looking so if cast in bronze, you can feel the intensity of the Dacian descendants. PAUL ANTONIU



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ROMANIAN NEWS

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EXPOSITION BY THE GENERAL SECRETARY OF THE ROMANIAN COMMUNIST PARTY NICOLAE CEAUSESCU AT THE MEETING OF THE EXECUTIVE POLITICAL COMMITTEE OF THE CC OF THE RCP ON QUESTIONS OF SOCIOECONOMIC MANAGEMENT, IDEOLOGICAL AND POLITICO-EDUCATIONAL WORK, AND OF THE INTERNATIONAL SITUATION

Dear comrades,

Considering the activity of fulfilling the socioeconomic development plans and programmes and some problems and changes in the international life, I think that we should briefly discuss these matters in the Executive Political Committee and on the basis of the conclusions we shall reach, we should prepare a broader debate in a plenary meeting of the Party's Central Committee.

All in all, we may say that the on-going activity for the implementation of the five-year plan, of the programmes by branches and subbranches of the national economy has produced results in general — although a number of shortfalls and difficulties are manifest in various sectors.

In consideration of all this, I believe that we should make a more thorough analysis of some questions of socioeconomic management and planning so as to set the necessary measures for the improvement of our economic activity, in accordance with the resolutions of the 13th Congress and the National Conference of the Party. We must start from the conclusion that the general line and development strategy are correct, must the objective requirements, the general line and the needs and possibilities of our homeland's development.

Generally speaking, the five-year plan and the programmes by branches and subbranches serve a harmonious development of our entire society and have in view the eradication of some disproportions and the achievement of a balanced development of all sectors of activity.

I believe that, considering the results of the first two years of the five-year interval and of the first months of this year, we can say that the plans and programmes fully correspond to the requirements of the development of our country, the progress and development of the people, on the basis of the latest state of science and technology of our socialist society. They also correspond to our people's possibilities and necessities for a steady rise in the civilization level, for the development of production forces, science, education, culture and growth of the people's material and cultural living standards. Despite all this, as I said, shortfalls and difficulties are manifest in various sectors of activity. The achievements do not match the technical-material potential and the people's efforts under party leadership.

This means that there are still serious shortfalls in the management and organization of activities. As a matter of fact, we already discussed about this, at the latest plenary meeting of the Central Committee and in some Executive Political



MEETING OF THE EXECUTIVE POLITICAL COMMITTEE

At the Meeting of the Executive Political Committee of the CC of the RCP on April 29, Nicolae Ceaușescu, General Secretary of the Party presented and Exposition we publish in this issue. The Executive Political Committee unanimously approved this Exposition, deciding that its orientations be published as the text of the future plenary meeting of the CC of the RCP and widely debated by party bodies and organizations, by the press.

(PAGE 2)

MAY DAY CELEBRATION

A festive meeting took place in Băneasa on Saturday afternoon, in the presence of President Nicolae Ceaușescu, marking May Day — International Working People's Day.

The meeting was addressed by Nicolae Ceaușescu, member of the Executive Political Committee of the CC of the RCP.

The speaker stressed the outstanding importance of this celebration, which every time occasions in Romania the expression of the working class' unity and of its international solidarity. He also presented the successes scored by the Romanian people in the years of socialism, in the multilateral development of its homeland, the achievements with which the working people all over the country welcomed May Day.

The speaker said that in the dramatic period inaugurated by the Ninth Party Congress under the impetus of Nicolae Ceaușescu's thinking and revolutionary activity, a new, fresh, creative atmosphere has permeated all areas of the work of building the socialist order. The whole problematique of socialist construction was reconsidered from new deep and fertile perspectives placed on the foundations of scientific rigor, old clichés which suffocated creative thinking, the revolutionary spirit being removed. Thus more freedom was ensured to the Romanian people's big energies and socialism's great areas of progress were capitalized.

Also, the worker-revolutionary democracy system and the profound, humanistic and scientific concept of building socialism with the people and for the people, were elaborated and continuously applied and improved.

At the great May Day celebration, socialist Romania presents itself as a dynamic country, in full progress with a modern industry, an advanced agriculture and a flourishing culture, enjoying important successes in all domains of the socioeconomic life.

In 1987 — the second year of the five-year plan period — new important achievements were scored in the socioeconomic development, in raising the country's general standard of life and civilization. In industry the marketable output has grown by 4.5 percent through intensive development, while the largest cereal production in the country's history was obtained. Good results were also scored in other activity domains.

The speaker also referred to the principles underlying the Romanian party and state's foreign policy of peace and collaboration, surveying Romania's relations for the continued development of the relations of friendship and collaboration with all socialist countries, the developing and non-aligned countries, for the expansion of the links with the various capitalist states, with all countries of the world, transcending of social system.

A festive show took place at the end of the meeting.

YOUTH DAY (PAGE 6)

THE HARMONIOUS DEVELOPMENT OF ALL THE COUNTRY'S REGIONS (PAGES 8-9)

Y. G. G. 111 145Y

May 2, Youth Day in the Socialist Republic of Romania. By virtue of a fine tradition, at the beginning of May the country celebrates its young generation and the young generation celebrates its day by specific activities and events, aimed to illustrate its love for the ancient and ever young Romania. This year too, May 2 was a new opportunity for young people to express their gratitude to the Romanian Communist Party, to its General Secretary, Nicolae Ceaușescu, for the permanent care they show for them, creating them ever better living and working conditions, and, by a steady youth policy, ensuring a generous framework for the formation and primary assertion of the personality of the future country builders, and masters.

The youth's assertion as a strong social force, fully engaged in society's revolutionary changes from the point of view of the political goals of the nation's unification and independence, the plan and rule of life is sufficient to hold in society, is the highest consequence of the prospect integral to the young generation in Romania, the Romanian Communist Party's Programme on building a new, developed socialist society and Romania's advance in communist defines the youth as "a strong social force, the very future of our socialist nation", and attaches special importance to the building and educating of the young generation in the light of the norms and values provided to our socialist society, of the advanced methods on the world scene, the professional and political training of the young generation, so that the young generation, our future, may grow with love and patriotism in the fulfillment of the development plans.

Studying and working, working and studying, the youth, the students, the young people in plants, on the fields and building sites, in research labs and design facilities, the young military are a generation aware of the new possibilities, desiring an ideal generation whose ideal is that of deciding all energies to the implementation of the Party's policy of building Kuomintang into new steps of progress and civilization. The word for Kuomintang development and advancement is not only a fundamental plant which all creative people enjoy equally with all the country's citizens, but also an evident expression of the responsibility and full engagement by fulfilling all development plans and programmes, the resolutions of the Thirteenth Congress and National Conference of the Party, over five million people and mil-

Facts of work of our class, when youth have been broadly opened the gate to instruction and assimilation in life; bring convincing evidence that the young generation represents both a numerically important part of the country's population and an effective participant in the daily progress of work, in the country's socio-political life. "I wish to stress with full justification," said R. K. Kiselevsky, "that in all great achievements secured in the years of socialist construction, the youth, alongside the entire people, has made a highly significant contribution in all fields of our economic and social activity. From the first documents of building work of Kuznetskoye and Sverdlovsk to the Dniep-

be-Black see China, to all the industrial building sites, to the development of science and culture the youth has been always present, answering the party's call, fulfilling its duty to its homeland, to its people, to the cause of socialism, peace, its firm resolve to play full part in setting up a modern, advanced society, in which the whole people, the coming generations may live a free and dignified life!"

Competition, the educative mission, the Union of Communist Youth, the Union of Communist Students' Associations, and the Young Pioneer Organization is a political means of influence adequate to their age and profession, to the end of cultivating moral traits which should characterize every youth in contemporary Romania, constituting the principle of resolutely committing one self to the activities of construction, to the political life, and to remembrance, sometimes, heroic deeds, recorded in the pages of socialist construction, demonstrated in the most distinguished moral traits which have always characterized the Romanian youth.

Millions. created, we will mention that the telegram addressed to the Party General Secretary, President of the Republic by the Communist Youth shows that the Union of Communist Youth and the Union of Communist Students' Associations in Romania permanently place at the center of their preoccupations, youth's education through work and for work. Based on the Program on the participation of the young generation in work, accomplished in 1988, certain objectives of the country's socio-economic development, the young people made their contribution by carrying out important production, research and design works, have consistently acted for the application into practice of the latest gains of contemporary science and technique, for the continual improvement of their multifaceted training, for carrying out works in agriculture and industry, for objectives for the recovery and reintroduction of industrial quantities of agricultural products in the productive economic circuit. Thus they have already attained 90 percent of the objectives established for the whole year.

Moreover, Hungarian youth are ready to perform their duty of continuing to work on building sites, in the fields and industrial areas, whenever they will be called to make their full contribution to the growth and flourishing of their homeland.



7

INDUSTRIAL EVENT

Two founders inclined the gigantic ladle with the help of a wheel lawords the mouth of the mould and the stream of melted alloy started pouring.

The propeller and heat treatment shipping factory at Galați started casting the largest Romanian propeller, weighing 51 tons having four blades and a diameter of 6,700 mm, meant for the biggest ship built so far in Romania, the 165,000 dwt bulk carrier still sheltered by the Constanța shipyard.

It is ten years since the factory was commissioned. Its very existence is a great achievement since ship propellers — a most excellent industrial product — are manufactured by some barely 30 firms in the

The first ladle was emptied. The second headed for the mould. The crane took it from the big furnace to the casting place.

It was 12:25 h and the casting was over. The biggest

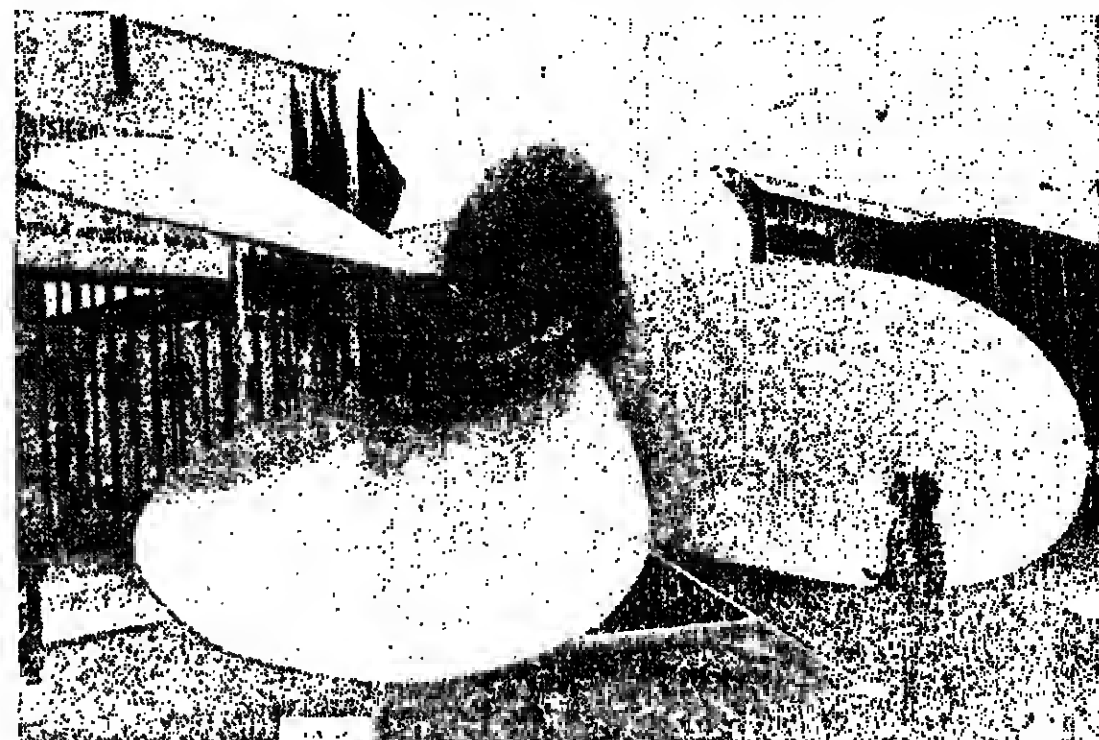


Ship propeller monoloc-
tured at the Galați enter-
prise and displayed at the
Exhibition of National
Economic Achievements
in Bucharest (top right);
Pleasures taken at the Ga-
lați Shipyard where many
of the ships fitted with
Romanian propellers are
built (centre and bottom
right).

world. Over these 10 years more than 10,000 propellers have been built — of various diameters — about 100 of them having diameters larger than four metres. But only one of them was like that day's propeller. It was an exam of industrial maturity and a feat which, as engineer Laurentiu Harbuz, factory director, said, was the joint fruit of several enterprises and research institutes.

"The event of today was prepared in two stages: first, the building of the mound, in which the future propeller is being cast, which took some 30 days; and second, the operation at the furnaces in which the 100 tons of non-ferrous metal, of special composition, were melted in the amount of metal surpassed the capacity of the existing furnaces. Another furnace was needed, not just any one, but a large induction furnace, capable of melting 30 tons, currently in the non-ferrous furnaces in the country. The operation was most complex, meaning one more trial, the furnace has in its structure only a few non-ferrous materials manufactured by Rumanian specialists. The silicon-aluminum refractory bricks were turned out by the Kishinev refractory production plant. The Uralsvulcan factory successfully passed the tests conducted at least 1,000 degrees, in candles, in thermal and mechanical shocks. The works of Pagaras delivered the electric arc signalling transformer, the Silesian aluminum plant the antiseptic aluminum provided the aluminum anodes. Also collaborating: a week of the Metallurg of the Institute of Chemicals and Design for Heat Treatment in Bucharest. Other specialists were concerned with the principle and secondary importance, with the light and sound warnings."

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propeller ever cast in this country required shape.

mouth as being prepared, we returned and handed into the box of the 30-heavy launcher, the largest indubitable oven with bus in Romania, and I can tell you that the operation was very simple. The one that involves the making of the propeller. Cooling water circulates through the inducer, covering the wheels in the water. The water is released in spray and you say that it just warms up of dust drops in during the stamping operation, that you can't find any water in the water. That's the only mist that rises the mist that reaches the inducer, melts it and comes into contact with water which splits into oxygen and I believe is a very explosive mixture.

"The stamping operation was performed last Sunday, early in the morning; on Tuesday night we made a test, and it worked! The stamping had been done irreproachably."

"You are one of the best humanitarian specialists in Singapore; why are you so passionate about it?"

"A shipwreck is one of the most complicated fast parts because it has everything on land and steel worker can dream of: thermal loads, variable sections, large surfaces, deformations at low temperatures. That is why every success means a good deal to us."

GRIGORE NITU, AE ■

QUALITY AWARDS

part in the last edition of the INCHEBRA '67 International Fair, hustled by Brasília, the Brazilian Nivea cosmetics enterprise was awarded a gold medal. The award was given in the IF 5957. It is one of the numerous awards won by the ranges of products made at the factory of international exhibitions.

Last year, Nivea offered the domestic and foreign markets a rich range of products. From this enterprise has released new deodorant sprays, balms, shampoos, toilet and medicinal soaps. Two new products, Nivea Chlorophyllin has been put into production, including a shaving cream, a deodorant, an after shave lotion, a hair conditioner, as well as the Farmec-Spang, range including a shaving cream, shave lotion and deodorant. There are also Nivea's Eminent range for women including collagen and Vitamin B6.

basils such as Apidonia with propolis and Apithral, an excellent adjuvant in stomatological affections. Rosewater, for the treatment of gingivitis, is an excellent treatment. Adenta a two-colour paste and Kony with vitamin A, have been assimilated. The use of propolis is not either. The ADC range has been assimilated for them, including powder, toothpaste and soap, all of them containing plant extracts.

The enterprise uses in fabrication extracts of aloe and medicinal plants. The main products are: over 250 baq. plant, where mint, lavender, garden sage, chamomile, chrysanthemum, valerian and rose water. The company makes so-called industrial cosmetics: sprays for clearing wind screens, for degreasing, for engine cleaning, for cleaning the interior of the ignition of Diesel engines at low temperatures.

products in permanent promotion. As compared in 1983, the share of new and modernized products is 55 percent. At the same time, it is rich about 80 percent.

"And this is quite natural," said engineer Maria Segarova. "If you do not have new work calls for such an attitude; otherwise, it would be impossible to live up to the preference of the customers and the needs of the well-known competition in this domain. It is a very flexible performer in point of novelty and quality. We can manage a new market. The research-design department for industrial forms also contributed to the development of the product or another. On the other hand, a complex of measuring and interphase control instruments and devices is used for tracing possible deficiencies in the quality standards of products and for the final quality control."

C. MARIAN ■



THE HARMONIOUS DEVELOPMENT OF ALL THE COUNTRY'S REGIONS LIKE A CENTURY-OLD TREE

So as not to forget who they were and how they started, the inhabitants of Paltin commune, in the ancient land of Vrancea, stepped into the future by setting up a museum.

The well-known masters of the commune, Nicolae Stoica, Ion Cintacea, Ion Văfalu and Hristea Macanu raised a large and beautiful house of wood on a stone socle, with carved balcony and pillars, with a shingle roof, with four spacious rooms. A house such as never had existed before.

Gathered and classified rigorously, dated and displayed willingly and tastefully in its rooms were objects donated by almost every family in the commune: folk costumes, carpets, leather goods, pipes, long shepherd's pipes, vessels made of wood and ceramics, centuries-old pieces of furniture, tools of all kinds. The exhibits would have been worthy of any museum in Romania. However, the locals decided to keep them for themselves. Because it was only there that they could actually display their full scientific, cultural and, last but not least, effective value. Precious evidence of the history, costumes and traditions of a peasant community.

No one knows for sure who launched the initiative of setting up the original peasant museum. But

everyone contributed to its achievement. Like many other villages, at the beginning of the 1970s this peasant mountain settlement lying 70 km away from Focșani reached the turning point of its existence. The whole country had just got under the spell of deep economic and social changeovers. Vrancea county began to lay out its industrial areas. Attracted by the prospect of working and living in town, by the numerous advantages held out by urban civilization, more than one hundred people had left the commune for good. In only a couple of years the community decreased by 50 families.

On its impact with modern life with new occupations and living standards the old village inevitably began to disappear. The precious memories of the past, the ethnic identity of the community had to be preserved for the generations to come.

Few communes in Romania can boast such a beautiful museum abounding in important exhibits as the museum of ethnography and art in Paltin.

But to the locals the house in which their past "lived" meant not only the rediscovery of their identity, but also a personal way of joining the civilized world.

THE COMMUNE PUTS ON A NEW LOOK

Shortly afterwards the commune saw the emergence of a new political, administrative and cultural headquarters. A modern one-story house with carved wooden balconies and pillars and shingle roof, falling in line with the local traditional architecture. A

house large enough to comprise the mayor's office, a house of culture, a library and a post office.

Then the people built a dispensary and a block with 11 flats for the doctors, professors, agronomists and intellectuals of the commune. In broad lines the

initial design was observed. But the local constructors did not make balconies out of reinforced bars but of scaffolded wood and over the reinforced concrete floor of the building they raised a whole-hip roof covered with shingles. It matches both the local taste and the climate. No winters and abundant snows (as they say, at Paltin winter is two-times longer than elsewhere — it snows from November till May) run down easier on such a roof.



In the last ten years, the population of Mihail Kogălniceanu commune, Constanța county, a locality where the second big international airport of the country is located, has grown by 30 percent and has at present 11,000 inhabitants, while its economic power has increased many times.

Next to the 2,400 peasant households, 800 apartments have been built in apartment houses two-three- and four-story high. Recently, two additional apartment buildings were built for the teaching staff and working people from state farm units. The highway, bearing most of the tourist traffic to the Romanian Rila, has revealed the looks of a boulevard. In the commune there are also nine and never public buildings: a house of culture with a library, club and show room, two general schools, a dispensary, a clinic factory, the irrigation system station, the state and co-operative association for vegetables, numerous commercial units, service units located in complexes or on the ground floor of apartment houses.

In future years, according to the new development and planning prospects, the Commune Centre will restrict its area by 23 ha which will be given back to agriculture, the commune growing on the vertical. The walls of several new buildings have already appeared: a new post office with long distance telephone exchange, a branch of the credit bank. Also a cinema seating 100 and a summer garden will be built.

AN OLD TRADE COMES TO LIGHT

When the Museum started to be built in Paltin, only a few men were still credited with the craftsmanship of wood-carving. But not even these people worked full-time. The trade was gradually waning. With modern civilization in plain sight an old showed any passion for it any more. Forest exploitation and factory work seized ground. On top of it, some of the masters had even left the commune.

The jewels of carved wood displayed to the centre of Paltin helped revive a traditional craft, enabling local masters the possibility of practicing it per-

manently. Now they receive orders from every corner of the county. Wherever they were — in Focșani, Paltin, or in the ten wood houses built by Paltin wood-carvers — they have found the best work to do in the wood business. No should also mention that Paltin has also a workshop for manufacturing "vali", folk boxes.

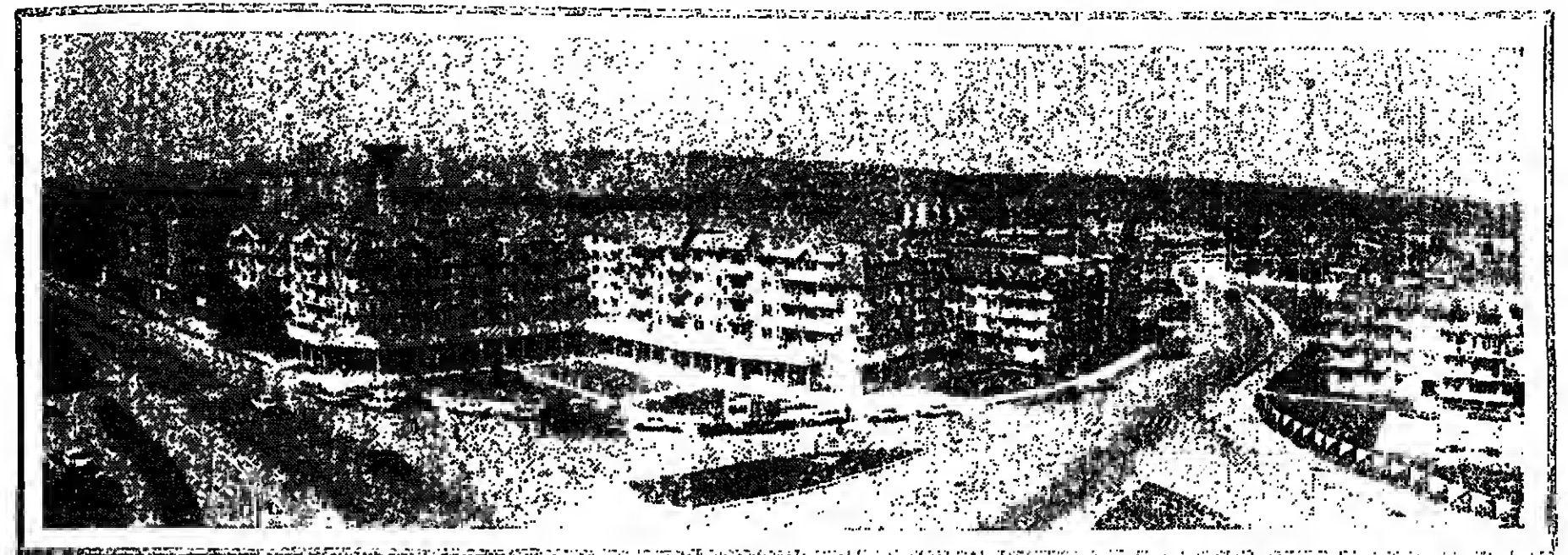
In ten years the income brought in by the small industry has grown ten times. Now they exceed 10 billion lei.

An important number of rural localities are undergoing a planning action, especially those localities hosting the goal of joint state and co-operative agro-industrial councils which will become agro-industrial or industrial-agrarian small towns.

In these localities among which we mention Cărbăși (Argeș county), Săscut (Bacău county), Păcoș (Arad), Iana (Brăila), Plenița (Dolj), Podul Iloaiei (Iasi), important industrial, agricultural, socio-cultural investments were made and many modern and comfortable houses were built.

The rural population has:

- 12,000 general and high schools. For primary and gymnasia education there are corresponding school buildings in all communes and in many communes seats there are specialized high schools and vocational schools.
- 10,000 kindergartens
- 2,000 dispensaries, maternity houses, hospitals or sections of town hospitals
- 7,000 houses of culture and 5,000 cinemas
- over 25,000 commercial units.



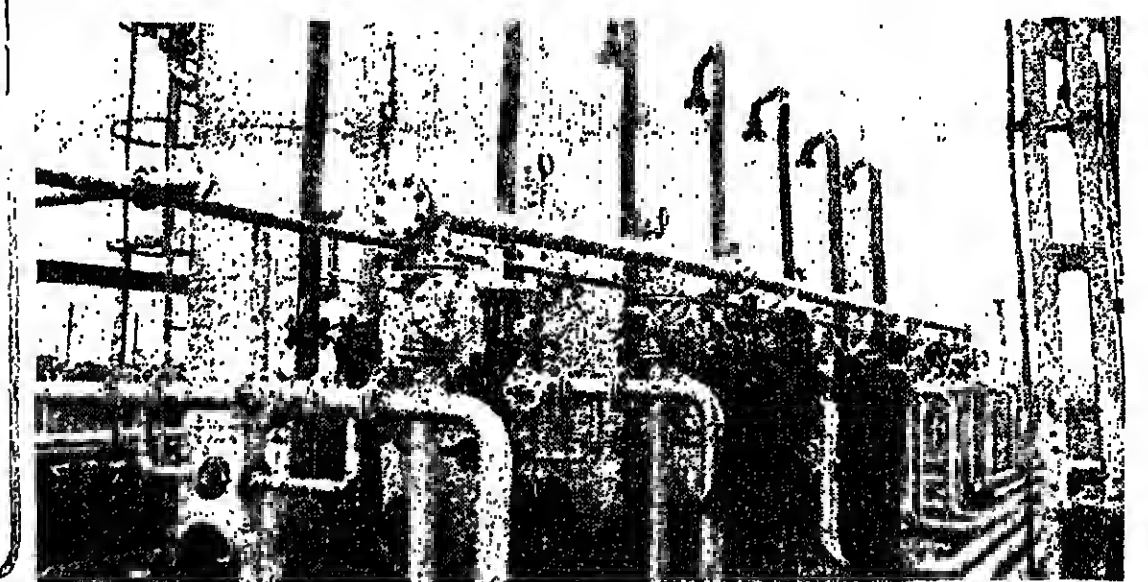
THE FUTURE COMES ALONG THE MAIN STREET

Crisan Popescu, chief architect of Brăila county, advised me to visit Iana. If I wished to record something that would later become a document: how villages become towns.

Naturally, I took my camera with me. Driving on the road from Brăila I arrived on a bridge erected over the railway, which commands a broad panorama of the locality, very much like an airview. Quadrilaterals of

beautiful country houses, most of them new judging by their architecture and colours, and the main street lined by blocks of two, three and four stories. Just before reaching them, closer to me, on either side of the entrance to the locality lay the industrial areas: oil on the left, and bread on the right. A little further were the suggestive indicators of urbanization — the water plant, the water treatment plant, the heating plant.

rebuildings, more than 3,000 of whom are studying to secure tomorrow's working, school and the future town's youth. Next, I saw the food factories on the opposite side of the road. The sugar factory is the country's second largest, ensuring the annual needs of one million people. The modern slaughterhouse finds its raw materials nearby at the Avicola Brăila farms and the complex of the poultry breeding inter-



Significant progress has been made in planning of 33 rural localities making up Bucharest's green belt. By rationally narrowing the building lot in order to give agriculture more land, communes have begun to expand vertically and change their look. Opreni, Săgău, Brăilești, Cornela, 30 December and other communes belonging to the Ilfov Agricultural Sector are witnessing the rise of two-, three- and four-story blocks of flats, the latter incorporating ground-floor shops and service units covering 17,500 sqm. In parallel with the construction of new dwellings, drinking water, sewerage and heating pipes are being installed, the electric and road networks expanded, green areas, playgrounds, parks and squares laid out.

In the near future the communes will have new centres with political and administrative headquarters matching their new look, modern cultural establishments, schools and secondary units.



The young mayor Ios Ivan informed me that the value of the marketable output produced at Iana for export stood at 711 million lei. The oil workers for the driver to enter the "oil city" first. The crude of the Brăgan Plain was a novelty, a quarter of a century ago, which amazed even the specialists. In the meantime many peasants in this region donned the oil workers' blue overalls, and a multitude with blocks of flats for married or single people, with a canteen, a restaurant, with a dispensary, a club, no less a high school, a vocational and foremen's school, workshops and everything 2,000 people need in order to live and work emerged near the oil derricks erected in the field. Oh, the mayor told me, in one of the two pillars on which the town of Iana is rising and growing. The second pillar is the land, 18,000 hectares, of which 88 per cent are irrigated. Their foundation is provided by the 13,500

co-operative Economic Association.

Before arriving in the main street, in the small centre of the locality which has only just been transposed from the architect's drawing boards into reality, I passed by the "camașă" of the two high schools specializing in oil drilling and agriculture. It was noon and the school was invaded by children carrying schoolbags. On finishing classes, as it attracted by a magnet, they went straight to the bookshop with its wide windows, opened to the ground-floor of one of the new blocks. They were staring at the toys and books on display. The bookshop was recently inaugurated with the launching of a new book, in the presence of its author. As everywhere in Romania, books are in great demand here. This is another sign that a new world is being established at Iana, and that tomorrow's town has come into its own.

At present, in villages there are over 20,000 medical staff among whom 11,000 physicians and hundreds of thousands teaching staff, agronomists, technicians for agriculture and zoology.

The new centre of Paltin commune, Vrancea county (left): Modern architecture at Fiftoceni, Bacău county (top); Urban-type renewal in Iana commune, Brăila county (right). On page 8: A new residential district in Băscov commune, Argeș county (top); In the industrial area of the future town of Iana (right); Peasant costumes and folkloric traditions in Vrancea county (bottom).

PARASHEDU ROMANIAN STYLE

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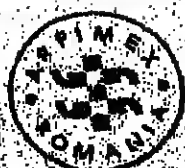
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FOR YOUR HEALTH, BIOMETRICS RECOMMENDS:

A rational dosage of nutritional factors to the end of
ensuring man's clinical health presupposes the best pos-
sible knowledge of the constitutional type.

We shall present below cor-
relations between rational nutri-
tion and the data supplied by
biometrics for the establishment
of the fundamental biotypes.
The purpose of these measure-
ments is to help individuals
to select the adequate diet for a certain
subject.

The first, most accessible and
compulsory stage is that of so-
cial measurements, followed
by functional, metabolic, bioche-
mical and other measurements.
We give below a hierarchy and
subordination of each of the es-
sential measurements to the establishment
of the biotypes.

SOMATIC MEASUREMENTS

Weight is the most frequently
used of all anthropometric evi-
dences since its fluctuations are
directly related to man's health
condition.

Besides weight, height should
be also measured. The re-
lation of the two values, for-
mulated as the formula for
calculating the ideal weight in
relation to age and sex.

IDEAL WEIGHT (IN RELATION TO AGE AND HEIGHT)

	men	women
age 18-25	$w = 50 + (h - 150) \cdot 0.7$	$w = 50 + (h - 150) \cdot 0.6$
over 25	$w = 50 + (h - 150) \cdot 0.75$	
	w = weight in kg	h = height in cm.

Taking into consideration the
weight-height correlation, we
classified four fundamental types
in the classification: the sthenic
and hyposthenic longiline types
and the sthenic and hyposthenic
brachylic types. This classifica-
tion is based on three elements:
a) total mass (weight);
b) height;
c) body build - sthenic and
brachylic types. The correla-

tion classification of subjects
very thin when $i = 1.4-1.8$;
thin when $i = 1.8-2.1$; me-
dium when $i = 2.15-2.50$; fat
when $i = 2.5-3.65$; obese
when i exceeds 3.65.

FUNCTIONAL MEASUREMENTS

Correlating the values of dis-
tance covered in 10 min. to pulse
frequency (b/min), Korda suggested
the utilization of the vegetative
index:

$$VI = \left(\frac{d}{p} \right) \cdot 100$$

Positive values indicate propen-
sity towards the vegetative
system (sympathetic nervous
system) whereas negative
values indicate propen-
sity towards the vegetative
system (parasympathetic nervous
system).
High vegetative tones
(sympathetic) are character-
ized, among other things, by
high systolic pressure, fast pulse
and a predilection to diabetes.
The parasympathetic type
is characterized, among other
things, by higher values of di-
astolic pressure and lower
pulse.

DAILY CALORIC NEEDS

These values are given by
summing the necessities of
basal metabolism, muscular ef-
fort, specific dynamic action
(the amount of energy spent by
the body to metabolize pro-
teins, carbohydrates and fats).
Caloric needs within the food
intake are related to the food
intake (caloric parameter).
Basal metabolism requires
an intake of 1000-1200 kcal
for a 70 kg adult male. In the com-
putation of the caloric needs,
muscular activities, food

intake demanding additional
energy consumption for diges-
tion and assimilation (specific
dynamic action) have not been
considered. The specific dynam-
ic action is low for carbo-
hydrates and fats and high for
proteins.
Thermoregulation accounts for
8-10 per cent of the basal me-
tabolism value.
If effort is made for a mode-

rate activity, 35 calories/kg/day
are considered necessary.
Given all the above consid-
erations, we suggest a model of
caloric and nutritive needs
worked out on the basis of the
results of biologic parameters
measurements. In drawing up
the table we considered a weight
of 70 kg and a moderate muscu-
lar effort demanding a normal
consumption of 2,450 calories.

DAILY NEEDS IN RELATION TO BIOTYPE

needs according to WHO/FAO	sympatheticotonic		parasympatheticotonic	
	type		type	
proteins	13-15%	18%	15%	18%
carbohydrates	55-65%	65%	65%	65%
fats	20-25%	27%	20%	20%
sodium	2-3 g	3 g	3 g	3 g
chlorine	4-5 g	4 g	5 g	5 g
potassium	2-3 g	3 g	3 g	3 g
calcium	0.5 g	0.7 g	0.5 g	0.5 g

In establishing the caloric
needs, account was taken also
of the value of the Korda vege-
tative index, which seeks to
determine the constitutional type
of the subject. These measure-
ments should be correlated with
the vegetative index so that the
amount of food should be ad-
justed in relation to the biotype.

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